

**Join Us!**  
It is easy, fun and FREE!



**Keep your goal  
in sight and get  
your community  
involved!**

### AOM has programs for:

- Worksites/Organizations
- Healthcare Professionals
- Faith-based Organizations
- Families
- Schools

**Share the fun and take steps  
to a healthier way of life!**

If you have specific health concerns,  
consult your healthcare professional.

Share your stories:  
[www.americaonthemove.org](http://www.americaonthemove.org)



National Presenting Sponsor



FROM PEPSICO



## What's your goal?

America On the Move  
can help you get there!  
It's easy, fun and free!

**America On the Move can  
help you reach your goal!**

America On the Move Foundation is a national non-profit organization helping individuals, families and communities make positive small changes to improve health and quality of life. America On the Move (AOM) can also help YOU to achieve YOUR goal!

### Getting Started:

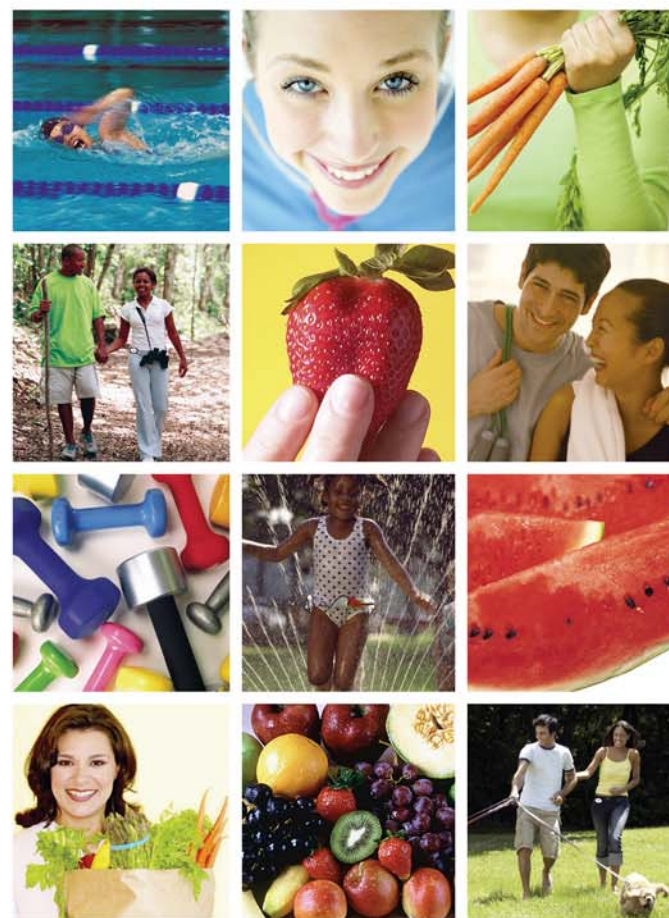
No matter what your goal is, America On the Move is a good place to start. Try adding these two small changes to your day:

- Take 2000 more steps over your baseline (or the activity equivalent)
- Eat 100 fewer calories (by eating smarter)

**It is simple to make small lifestyle changes that have big benefits on overall health. All it takes is walking an extra 2000 steps and eating smarter by consuming 100 fewer calories each day.**

JAMES O HILL, PhD  
Co-Founder  
America On the Move

You can also register online at:  
[www.americaonthemove.org](http://www.americaonthemove.org)  
or call 1-800-807-0077



1. Start Moving

a. Know your baseline

Get a step counter\*\* also known as pedometer. Wear your step counter for any 3 days within one week. Do your regular activity- don't change anything during your chosen three days. Clip on the step counter in the morning and record your total steps at the end of each day in the chart below. When you are done, divide your total steps by three to find your baseline.



\*\*You can buy a step counter from America On the Move or from a sporting goods store.

DAY	STEPS
1	
2	
3	
Total	
Divided by 3	
= Baseline	

b. Increase your steps

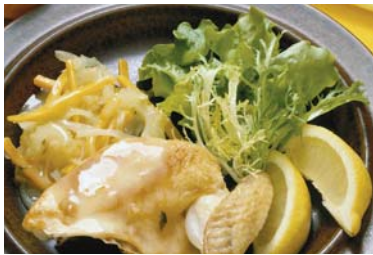
Find ways to increase your daily steps by 2000 over your baseline. Once you have achieved this, keep increasing your steps to a level that is comfortable for YOU.

How to use your step counter (pedometer)

- 1. Clip your step counter to your waist band or belt directly above your knee.
- 2. Be sure it's horizontal to the ground, not angled or dangling from your clothing.
- 3. If your step counter has a cover, it must be closed to register steps.
- 4. Test for accuracy by setting the step counter to 0 and walking 50 steps.
- 5. Check the display. If the reading is between 45-55 it is working properly.

c. Tips to get an extra 2000 steps a day-every step adds up!

- Avoid the elevators and escalators; take the stairs instead.
- At work, send your documents to the printer down the hall.
- Get off the bus 1 or 2 stops early and walk the rest of the way.
- Designate 10 minutes of your lunch break for a quick walk.
- While you watch TV, walk in place during the commercials.



2. Eat Smarter

Find ways to decrease 100 calories from your diet.

Tips to eat 100 fewer calories each day-every calorie counts!

- Drink nonfat or 1% milk instead of whole milk.
- Substitute diet soda for regular soda.
- Leave 3-4 bites on your plate at the end of each meal.
- Snack on fresh fruit or vegetables instead of chips, crackers, or cookies.
- When eating out, choose a side salad rather than chips or fries.

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Here is a log sheet to get you started.  
First 6 week tracking form

SUN	MON	TUE	WED	THU	FRI	SAT
DATE <u>7/3</u>	DATE <u>7/4</u>	DATE <u>7/5</u>	DATE <u>7/6</u>	DATE <u>7/7</u>	DATE <u>7/8</u>	DATE <u>7/9</u>
STEPS <u>4056</u>	STEPS <u>5005</u>	STEPS <u>5573</u>	STEPS <u>4886</u>	STEPS <u>5265</u>	STEPS <u>4896</u>	STEPS <u>5585</u>
-100 CALORIES <input checked="" type="checkbox"/>	-100 CALORIES <input checked="" type="checkbox"/>	-100 CALORIES <input checked="" type="checkbox"/>	-100 CALORIES <input checked="" type="checkbox"/>	-100 CALORIES <input checked="" type="checkbox"/>	-100 CALORIES <input checked="" type="checkbox"/>	-100 CALORIES <input checked="" type="checkbox"/>
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You can also track on-line using America On the Move's fun, interactive trails at [www.americaonthemove.org](http://www.americaonthemove.org)